

Information for older adults,
adults with disabilities, their
families, and caregivers.

Choices

**March
2025**

National Nutrition Month

**Serving Langlade, Lincoln,
Marathon, and Wood Counties**

In this issue:

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Specialist

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Specialist

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Nutrient for Health

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of Winter

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Avocados

March Spotlight



www.adrc-cw.org

888-486-9545

ADRC-CW MISSION:

The Aging and Disability Resource Center of Central Wisconsin promotes choice and independence through personalized education, advocacy, and access to services that prevent, delay, and lessen the impacts of aging and disabilities in the lives of adults.



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how to report Medicare fraud?



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and errors

Report
suspicious claims or
activities

Contact Senior Medicare Patrol | www.smpwi.org
888-818-2611  WisconsinSeniorMedicarePatrol



Call us with questions about
billing errors, scams, and medical
identity theft



SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL).

440656

Subscription Information

The newsletter can be mailed to you for a small fee of \$12.00 annually. Subscriptions for our four-county service area run January to December and can be mailed to any location.

Please mail your name, address and payment to our
Wausau Office:

ADRC-CW - Monthly Newsletter
1100 Lake View Drive Ste. 600
Wausau, WI 54403

Senior Nutrition Program

Contact us to learn more: **888-486-9545** or <https://www.adrc-cw.org/services/meals-for-seniors/>

Senior Dining and Cafe 60: Nutritious meal, socialization, and education. Eligibility: • Age 60 or older, • A spouse of an individual who is age 60 or older, • Person with disabilities living with a participating older adult, • or Person with disabilities who is under age 60 and resides at Jenny Towers, Merrill. Senior dining requires a reservation by noon one business day prior.

Meals on Wheels: Nutritious meals delivered with a well-check.

Eligibility: Person 1) age 60 or older; 2) generally unable to leave their home due to accident, illness, disability, frailty, or isolation; AND 3) unable to prepare meals.

Also eligible: • A spouse of an eligible person (as described above) • Person with disabilities who is under age 60 and resides with an eligible older person.

Staff complete individual assessments to discuss eligibility. Hot meals delivered weekdays dependent upon route availability. Frozen meals may be available based on needs.

Meals on Wheels deliveries are scheduled. If you are unable to be home for your scheduled delivery, contact the ADRC-CW by noon one business day prior to the scheduled delivery.

Suggested contribution: Senior Dining, Café 60, Meals on Wheels: \$6.00 per meal.

No eligible person is denied service due to ability to contribute. Full meal cost Meals on Wheels \$12.67 and Senior Dining/Cafe 60 \$14.86. Your contribution makes a significant difference to our program.

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INFORMATION

Wausau Buyers' Guide

715-842-4424

Merrill Foto News

715-536-7121

Marshfield Buyers' Guide

715-384-4440



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Serving Langlade, Lincoln, Marathon, and Wood Counties

Toll free: 888-486-9545 Email: adrc@adrc-cw.org Website: www.adrc-cw.org

We provide welcoming, trustworthy, respectful, collaborative, and empowering services, programs, and opportunities.

All programs are **free**
Registration is required
888-486-9545
Contributions are welcome

Support Groups

Your role in caregiving will be much more enjoyable if you have someone to talk to and share with.

Caregiver Support Group

The ADRC-CW support group for caregivers include both in-person and virtual participation options.

The group meets the **4th Monday** of each month. Call for group details near you.

Monday D.I.S.H.

(Dementia Informed Super Heroes):

This virtual support group is intended for those working caregivers who are supporting a parent, spouse or other loved one living with dementia.

The group meets on the **1st Monday** of each month from 7-8pm

Alzheimer's & Dementia Caregiver Support Group

Alzheimer's Association sponsored caregiver support group in partnership with the ADRC-CW is a safe place for family and friends caring for someone living with Alzheimer's or another dementia.

Two options to meet:

2nd Tuesday of each month:

9-10:30 am at St. Andrew Lutheran Church in Rib Mountain or

4th Tuesday of each month from 9-10:30 am at Covenant Community Presbyterian Church in Weston

ADRC-CW Programs

Topic Tuesdays

*Rotates throughout the region. Visit www.adrc-cw.org/classes/topic-tuesdays/ for location details

Dementia Basics: Every **3rd Tuesday** of the month. For anyone interested in learning more about dementia.

Brain Health Basics: Every **4th Tuesday** of the month. For anyone interested in learning more about taking care of the brain.

Medicare Basics

Learn the basics of Medicare for those new to Medicare or those enrolling soon. Medicare parts A-D are explained. Classes held monthly and open to all regional customers.

Memory Cafe

This social activity is for individuals with mild or moderate dementia AND a family member or friend who assists them. The Cafe is held monthly with varying activities & locations.

Stepping On

A seven-week class to help adults better their balance. In this once weekly interactive class, learn about balance and strength exercises, safety at home, and ways to be strong and steady wherever you go.

Powerful Tools for Caregivers

A six-week class to help family caregivers take care of themselves. In this once weekly interactive class, learn to reduce stress, improve confidence, communication, and locate helpful resources. This class is not intended for professional caregivers.

Ask a Benefit Specialist

Answers to your public and private benefit questions

Dear Benefit Specialist:

Adjusting to living on a fixed income has been more challenging than expected, especially with the increased cost of necessities. I keep seeing ads that promise up to \$900 in free grocery money every month. I know this seems too good to be true, but I could surely use some help. How do I know what is really out there?

Sincerely,
Living on Ramen

Dear Living on Ramen:

We understand tight budgets and how easy it is to get lulled in by less-than-honest advertising. If it sounds too good to be true, it usually is. That being said, there is hope! There are legitimate grocery benefits available, and we are here to help you navigate them.

Foodshare is one option. I know what you are thinking - this program is for people in desperate need of food, and no one wants to feel like they are taking benefits away from someone else. No worries! Anyone who qualifies for those benefits is encouraged to apply. Foodshare is also user friendly; simply swipe your Foodshare card at the checkout on your regular order; no separation of items or paper coupon embarrassment required.

The goal of the Foodshare program is to stop hunger. Wisconsin wants people

who live on fixed incomes, have low paying jobs, are retirees, experienced job loss, or are disabled and can't work to receive benefits. Income limits do apply, but you can check to see if you may qualify by referencing this chart from the Department of Health Services:

<https://www.dhs.wisconsin.gov/foodshare/fpl.htm>

Another common question arises when people hear about insurance plans that include a grocery benefit. I always advise caution, as these plans are limited in availability (usually for those on Medicare and Medicaid), and health plans should always be chosen based on your medical and prescription needs, not on extra benefits. If this is something for which you would like more information, we are happy to help.

The ADRC can also provide you with information on our programs, such as Meals on Wheels, Senior Dining, and Café 60. Our Resource Directory also includes a list of community resources that may be of help in meeting your nutritional needs. These are available in our offices or throughout the community.

Hopefully, this gives you a good start towards making ends meet. If you'd like more information or a benefit check-up, give us a call at 888-486-9545.

Sincerely,
Your Friendly ADRC-CW Benefit Specialist

Ask a Resource Specialist

Answers to your housing, transportation, long-term care questions

Dear Resource Specialist:

I have a child living with a disability who is graduating this year. In preparation for the next chapter in his life, I am looking for information about options available for him beyond high school. Any information you can provide would be a big help!

Sincerely,
Setting up for Success

Dear Setting Up for Success:

I am so glad you reached out to us, as I think we have information that can help. Did you know... the ADRC can start working with youth enrolled in the Children's Long-Term Service Program (CLTS) at age 17 ½? If you or a loved one are enrolled in the CLTS program and will need additional long-term support after turning 18, the ADRC can assist.

To discuss or schedule a meeting, please reach out to a Resource Specialist at the ADRC-CW (888.756.9545)

Sincerely,
Your local ADRC-CW Resource Specialist

Our Wausau office is moving!

Meet us at
1100 Lake View Drive Suite 600
Starting March 17!

Our Wausau Office will be closed
March 10-14. Call 888-486-9545
for assistance during that time.

Meeting with a Resource Specialist can help you...

- **Review** information on adult programs and services.
- **Provide information** on guardianships, power of attorney for healthcare and finances, representative payee and support decision-making services.
- **Discuss** Social Security and Medicaid programs.
- **Explain** vocational services and employment programs.
- **Examine** eligibility for private and public programs.

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Your Best Life.

Lakeland Care is your local option for Family Care Program services. Contact your local Aging and Disability Resource Center (ADRC) for more information.

www.lakelandcareinc.com



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234220

DHS Approval 3/16/20

Senior Nutrition

888-486-9545

March 5: Ash Wednesday
March Birthdays

March 12: St. Patty's Day Meal

Langlade County

Antigo Community Church

723 Deeglise Street, Antigo
Serving Mon Tue Thu Fri 11:30 am

Elcho Community Center

N11234 Dorr Street, Elcho
Serving Mon Wed and Thu 11:30 am
Bingo with the Community Center:
Wed at noon

St. Mary's Church

N9155 Hwy 55, Pickerel
Serving Mon and Wed 11:30 am
Bingo with the church: 2nd Monday at
12:30

Senior Center of Langlade County

623 Edison Street, Antigo
Serving Wed 11:30 am
Bingo with the Senior Center: Wed at
1:00

Lincoln County

Gleason Lions Club

N5179 Bradley Street, Gleason
Serving 3rd Wed of the month 12:00 pm

Jenny Towers Apartments

711 E 1st Street, Merrill
Serving Mon – Fri 11:30 am

Tomahawk Senior Center

113 S Tomahawk Avenue, Tomahawk
Serving Mon – Fri 11:30 am
Bingo with the Senior Center:
Thursdays at 12:30

Marathon County

Mama K's BBQ - Café 60

214910 State Hwy 97, Stratford
715-321-3400

Serving Mon - Fri 6:00 am - 1:00 pm

Vino Latte - Café 60

3309 Terrace Court, Wausau | 715-849-9787
Serving Mon-Fri 6am-7pm | Sat 8am-2pm

Hmong American Center

1109 N 6th St, Wausau 54403
Serving Thursdays at 4:30 pm

3/6: Steamed Catfish with Herbs

3/13: Beef Stir Fry with Baby Bok
Choy, Lemongrass & Ginger

3/20: Pork and Mustard Green Boil w/
Ginger

3/27: Boiled Chicken with
Lemongrass & Hmong Herbs

Senior Dining Meals Served with Green Tea
and Soy Milk

Wood County

2nd Street Community Center

211 E 2nd St, Marshfield
Serving Mon – Fri 11:30 am



Centralia Center

220 3rd Avenue South, Wisconsin Rapids
Serving Mon – Fri 11:30 am
Frequent Diner Prize - last day of the month
Funny Friday - Share your funny jokes or stories

Nekoosa Community Center

416 Crestview Lane, Nekoosa
Serving Mon and Wed 12:00 pm

**Reservations are required by
noon one business day prior.**

ADRC-CW office hours
Monday-Friday – 8AM-4PM

March Nutrition Menu 2025

888-486-9545

Please call by noon one business day prior to reserve or to cancel a Senior Dining Meal or Meals on Wheels delivery. ADRC-CW offices hours: Monday-Friday 8am-4pm

Monday	Tuesday	Wednesday	Thursday	Friday
3 Seasoned Baked Chicken Sweet Potato Pacific Veggie Blend Whole Wheat Bread Strawberries & Yogurt	4 Ham on Marble Rye w/ Romaine Leaf & Tomato Slice Mayo Navy Bean Soup Crackers Peach Slices	5 Seasoned Baked Fish Parsley Buttered Potatoes Tartar Sauce Carrots Rye Bread Banana Ash Wednesday March Birthdays	6 Swedish Meatballs Mashed Potatoes Diced Squash Multi Grain Bread Pineapple	7 Hearty Homemade Mac & Cheese Green Beans Dark Greens Salad & Dressing Grapes Gingerbread Cake
10 Sliced Turkey Sandwich on WW Bread Mayo Romaine Leaf & Tomato Slice Tuscan Bean Soup w/ Chicken & Sausage Crackers Peach Slices Cookie	11 Crustless Chicken Pot Pie Steamed Broccoli Green Beans Biscuit Pumpkin Bar	12 Ham Baby Potatoes Carrots & Cabbage Rye Bread Luck O' the Irish Applesauce Jello St Patty's Day Meal	13 Roast Beef Mashed Potatoes Gravy Diced Beets Whole Wheat Roll Fresh Grapes	14 Veggie Lasagna Dark Greens Salad Dressing Garlic Breadstick Mandarin Oranges Pineapple Cake
17 Pulled Pork On a Bun Scalloped Potatoes Broccoli Honey Bee Fruit Salad	18 Sloppy Joe On a Bun Roasted Potatoes Baked Beans Grape Salad	19 Chicken Breast w/ Mushroom & Bacon Sauce Brown & Wild Rice Blend Brussels Sprouts Apple Slices Carrot Cake	20 Kielbasa w/ Sauerkraut Twice Baked Mashed Potatoes Peas Rye Bread Apricots	21 Tuna Salad on Whole Wheat Bread w/ Lettuce Leaf & Tomato Slice Creamy Coleslaw Vanilla Yogurt w/ Berries
24 Meatloaf Mashed Potatoes Gravy Seasoned Stewed Tomatoes Whole Wheat Bread Applesauce	25 Ham & Scalloped Potatoes Peas Pineapple Multi-grain Bread Chocolate Pudding	26 Split Pea Soup Crackers Chicken Salad w/ Craisins on Croissant with Lettuce Leaf Mandarin Oranges Peach Upside Down Cake	27 Lasagna Whole Kernel Corn Mixed Greens w/ Dressing Garlic Breadstick Fruit Jell-O Dessert	28 Lemon & Pepper Fish Tartar Sauce Baked Potato Sour Cream Dill Carrots Rye Bread Banana



Milk served with each meal. Menus subject to change. Suggested contribution: Senior Dining, Cafe 60 and Meals on Wheels \$6.00 per meal. No eligible person is denied service due to ability to contribute. Your contribution makes a significant difference to our program.

Potassium: A Vital Nutrient for Health

Daria Savchenkova, Dietetics Intern, and Ronda James, RDN, CD, Director of Nutrition ADRC-CW

As individuals age, the importance of potassium becomes even more noticeable. Seniors are prone to conditions such as hypertension and cardiovascular diseases, making potassium crucial for maintaining heart health. Adequate potassium intake can also help prevent muscle weakness and support mobility.

Functions of potassium in the body

- Potassium supports heart function by helping to regulate blood pressure and prevent the risk of stroke.
- It is essential for heart and skeletal muscle contractions.
- Potassium aids in maintaining proper fluid balance in and around cells, supporting cellular function.

Dietary Sources and Recommended Intakes of Potassium

240 mg Oranges (1 medium)

400 mg Bananas (1 medium)

450 mg Sweet Potatoes (1 med, baked)

487 mg Avocado (1/2 medium)

550 mg Navy Beans (1/2 cup, cooked)

840 mg Spinach (1 cup, cooked)

Women 51 years and older should consume around 2,600 mg/day.

Men 51 years and older should aim for 3,400 mg of potassium per day.

Important Considerations



While potassium supplements are available, it is best for seniors to obtain potassium from food sources. High-potassium foods often come with additional health benefits, such as fiber and other vitamins and minerals.

Medications, such as certain diuretics, can affect potassium levels leading to imbalances that may impact heart health and muscle function. If you take such medications, make sure to closely monitor your potassium intake and consult your provider to discuss proper management and prevent adverse effects.



Maintaining adequate hydration is essential for proper potassium balance, as dehydration can lead to an increased concentration of potassium in the blood. This can result in complications such as muscle weakness or irregular heartbeat.

2025 Advocacy Days

*Each event requires registration.



March 4

Alzheimer's Advocacy Day

Register here:

<https://alz-wi.quorum.us/event/19693/>



March 12

Disability Advocacy Day

Learn more here:

www.wi-bpdd.org



May 13

Aging Advocacy Day

Learn more here:

gwaar.org/aging-advocacy-day-2025



Meals on Wheels America

This link will direct you to a page with two options.

1. **Send an email** to advocate for Meals on Wheels
2. **Find your congress member**
Provide your information and you will see all your federal and state congress members and their contact information.

<https://www.mealsonwheelsamerica.org/take-action/advocate>



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Last Weeks of Winter

Nanette Griesse, Resource Specialist

We are nearing winter's end here in northern Wisconsin. Soon, we will once again feel the warmth of spring and the sunshine on our faces. After a long winter, you may be looking forward to green grass, flowers growing, and getting to see life coming back to our yards and neighborhoods. As we patiently wait for winter to break, I have some thoughts on gratitude for the quietness and ideas for helping to bridge the time between winter and summer.



Music - Music is meant to be felt, not just heard. Music has the power to lift our mood, calm us, and center us.

Sharing your wisdom - As a culture, we learn so much from elders. Share the lessons you have learned or maybe a special recipe from the past with someone you love.

I hope that you are able to stay warm in these last weeks of winter, reflect on this season, and look forward to the sun warming our state once again.

Journaling - This can help boost your mood and bring your thoughts to life.

Creating a grateful list - What things are you grateful for in your life?

Caring for indoor plants - These bring a special life to any room.

Writing a letter to your children/grandchild - There is something extra special about receiving mail and knowing that others are thinking of you.

Reading - Finding a special book can make a moment feel extra special.

The advertisement features a photograph of an elderly woman with white hair and glasses, wearing a light-colored sweater, being assisted by a man in a blue button-down shirt. To the right of the photo is an image of a medical monitoring device, which includes a black wristband with a sensor and a small electronic unit connected by a cord. Below the photo and device image is the logo for "FIRSTCALL Medical Monitoring", which consists of the word "FIRSTCALL" in a large, serif font, with "Medical Monitoring" in a smaller, sans-serif font underneath. Below the logo is the text: "Independent living without leaving the comfort of your home. That is what we provide. Call us today to have your 24/7 personal emergency response system installed in your home." At the bottom of the advertisement, on a dark blue background, is the text: "CLARK ELECTRIC APPLIANCE & SATELLITE", "1209 W. Dall-Berg Rd. • Greenwood, WI 54437", "866-279-6544 • 715-267-6544", and "HOURS: Monday-Friday 8 a.m. to 4:30 p.m."

Caregiver Resource Fair



Caregiving can be rewarding, yet also challenging as caregivers face many changes, decisions, and stresses. There are a number of supports that can make your caregiving journey a little easier. We invite family caregivers to learn about local resources that are available to help navigate your caregiving role. Local support services will have tables/booths available for you to gather information.

Family Caregivers You're invited!

April 7, 2025 from 1-4pm

**Lake View
Conference Center**

1000 Lake View Drive, Wausau

Direct support entities interested in sharing information about how your services support family caregivers caring for someone at home, please contact Scott or Meagan at the ADRC-CW to request a table at the Caregiver Resource Fair.



888-486-9545

www.adrc-cw.org



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- Adults
- Seniors
- Persons with Disabilities

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Affordable, Independent Living Apartments

Avocados

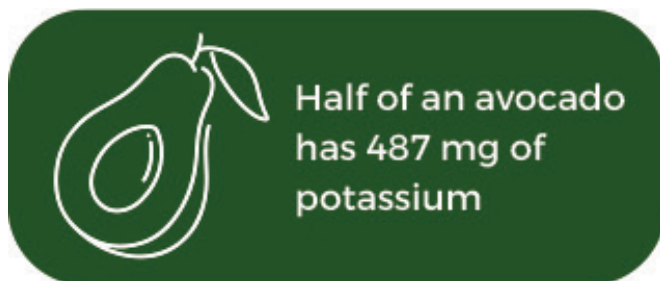
Emily Gojmerac, ADRC-CW Intern

Guacamole is not the only thing that avocados are good for.

Avocados have several health benefits to include heart and digestive health, as well as being helpful in managing blood sugar levels.

Avocados have recently been trending in many of today's recipes. Considered a "good fat," avocados help lower the risk of disease from polyunsaturated and monounsaturated fats. These can be found in many vegetable oils, nuts, as well as fish. Polyunsaturated and monounsaturated fats can help lower a person's Low-Density Lipoprotein (LDL), also known as "bad" cholesterol.

Avocados also have a significant amount of fiber, as well as Vitamins C, E, and K. Niacin is also an important nutrient in an avocado because it has the ability to turn food into energy. Potassium, (supports kidney function), as well as Riboflavin (for growth and development) are also important nutrients in an avocado.



Resources: <https://www.hcahoustonhealthcare.com/healthy-living/blog/health-benefits-of-eating-avocado>

Avocado Egg Salad

- 2 ripe avocados
- One packet of guacamole spice mix of your choice
- Half a dozen eggs (hard-boiled)

Directions:

- Boil the eggs for 12 minutes once the water is at a consistent boil.
- Halve and scoop out the avocado from the skin and mash with a fork.
- Add one packet of guacamole spice mix to the mashed avocado and stir together. Once the eggs are boiled, allow them to cool then peel. Once peeled, place them in a separate bowl and mash up the eggs with a fork or a chopper.
- Combine the avocado mixture with the mashed up boiled eggs.
- Serve on toast and store in the refrigerator for up to three days.

SENIORS, Caregivers, and Concerned Families...



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JANET M. LATTYAK, ATTORNEY
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March Spotlight

Carolyn Broston
Mercedes Lilienthal
Larry Bergh
Neal & Paula Lewitzke
Dedda Robinson
Community Horizons
Chuck Peters
Tana Kubis
The Silo Jumpers Band
Jim Rasmussen
Peg Wasrud
Carleen Kriz
Jerry Jackson
Connie Osborne
Carolyn Freund
Jeffrey & Larele Rabe in memory of
Rodney P. Kolz
Ruth Lotter in Memory of Tom Lotter

THANK YOU



Elvis was in the building! The Lowell Center had Elvis make an appearance in honor of his 90th birthday.

I would like to help the ADRC-CW continue its work with older adults, individuals with disabilities, caregivers, and their families.

Please make checks payable to: ADRC-CW
1100 Lake View Drive Ste 600, Wausau, WI 54403
Call to inquire about paying electronically.
888-486-9545

Donation Designation Form

In MEMORY / HONOR (circle one) of: _____

Please notify _____ Phone: _____

Address _____

I want my donation to go to the following programs:

_____ Caregiver Support _____ Healthy Living _____ Meals on Wheels

Congregate Dining Site _____

Would you like an acknowledgement in this newsletter ____ Yes ____ No

Please send receipt to: _____



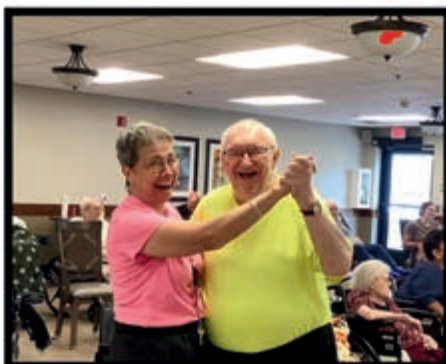


Rennes Group

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Age doesn't define rules for the life we lead. It doesn't set a deadline for learning, engagement or experiences. At Rennes Group, age simply represents the extraordinary lives we're honored to care for every day.

We're guided by a promise to our residents, a commitment to deliver exceptional care focused upon dignity, respect and compassion that creates meaningful experiences and memories. We believe lifelong learning, new experiences and community engagement enhances our residents' lives.

We believe they deserve nothing less than exceptional.

Our community partnerships with local businesses delivers upon this promise through community engagement and life enrichment.

After all, our stories are still being written, and we're happy to help fill the pages.

www.rennesgroup.com

CONTACT US

Rennes Health & Rehab Center-Weston & Rhinelander
Renaissance by Rennes - Weston & WI Rapids

In 1973, the Rennes' began a company that shifted how seniors were cared for as their needs changed. Still run by family, Rennes believes we all have the desire to feel respected. We are your trusted partners in the continuum of care for senior living and are committed to the Rennes difference.

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